



&

yogaSprouts

**Family Yoga and Fitness Cruise
July 22nd-29th 2011**

Our experts Rachel and Alicia want to help lead your family on the wellness path. Join us for an excursion including yoga, exercise & simple wellness for the entire family. This is a unique opportunity to have an intimate health experience and do something positive and long lasting for the whole family.

Carnival Legend of the Seas

Departs from Tampa for the Western Caribbean

**Great health, Great family memories and health lessons
for a lifetime!**

Prices from \$3864

(includes cruise, taxes, port charges, all activities for family of 4)

****First 10 cabins receive free group excursion****

For more information www.totalwellnessexperience.com
(219) 554-WELL

Additional 2012 TWE Journey Destinations

*Dolomites Excursion; *Senior Wellness;

*Alaska Dream Cruise; *Breast Cancer Benefit Cruise

*Souls for Souls Benefit Cruise; Peru adventure